



**Hosted by**



**Saturday, May 9, 2026**  
at the  
**Lehman College APEX Aquatics Center**  
**Bronx, New York**

**Invited Teams:**

**APEX, Boston Bearcats (MA), CENT, CAS Stingrays, McBurney YMCA, Nu-Finmen Swim Team, Riverbank Redtails, Deep End Aquatics Club (NJ), Bed-Stuy Y Piranhas, Swim Tech, BCNY Abbe, Paterson BGC Escaulos (NJ), Roosevelt Island Marlins, New Rochelle Sail Fish, Hudson Heat Waves, MEPCS and many more.....**

***Hots Heats and Team Awards will be given out...***

**This a USA Sanctioned Meet # 260507**



**KIPS BAY  
BOYS & GIRLS CLUB**

**19<sup>th</sup> Annual  
Meter Sprint Meet  
In memory of  
Deputy Chief Steven Bonano**

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc. # 260507
- LOCATION:** Lehman College APEX Aquatic Center 250 Bedford Park Boulevard West Bronx, New York 10468
- FACILITY:** 8 Lane 50 Meter Pool utilizing Daktronic Timing System and Scoreboard The pool Has been certified in accordance with Article 104.2.2C (4) The competitive course is 7-13 feet deep. **NO SMOKING ALLOWED IN THE BUILDING.** Teams are expected to police and maintain their areas on the pool deck. Athletes, parents and children are restricted to the pool area and stands. Spectators and are not authorized to be in any other part of the building. Offenders will be ejected from the facility
- SESSIONS:** Saturday, May 9<sup>th</sup>  
Session #1 – 7:30 AM Warm Up / 8:30 AM Start (10 & Under/ 11-12s)  
Session #2 – 1:30 PM Warm Up / 2:30 PM Start (13-14s/ 15 O)  
**(Session Start Subject to change based on number of entries)**
- FORMAT:** This meet is timed finals. Deck seeding will be used. Events will be run as Open and scored separately in the following age groups: 10&U, 11-12, 13-14, 15&O. **ELIGIBILITY:** Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers and non-USA registered swimmers are welcomed. Age on May 11, 2024 will determine age for the entire meet.
- ELIGIBILITY:** Open to all Invited USA Swimming/Metropolitan Swimming Inc. registered swimmers. All swimmers participating in this meet must be registered by the first day of the meet. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. No Deck Registrations will be accepted. Age on May 9, 2026, will determine the age for the entire meet. There are no cuts for this meet.
- DISABILITY SWIMMERS:** Swimmers with disabilities are encouraged to enter and participate. Please notify the meet director of any accommodations you might require. The athlete (or the athlete's coach) is also responsible for notifying the meet referee of any disability prior to the competition.
- ENTRIES:** **Swimmers may enter up to 4 Individual events per day plus a relay (4 ind. Needed for Hy point)** Entries will only be accepted in HyTek format. No manual entries. **No NTs will be allowed. They will be booted from the entry if NT pops up for an event.**

Email Entries/Confirm Entry Receipt: [Eddie.Oyola@KipsBay.org](mailto:Eddie.Oyola@KipsBay.org)

- DEADLINE:** Final entries for all teams, MR/Outside LSC, must be received by: **Sunday, May 3, 2026** An email confirming receipt of entries if you provide email contact. Please contact the Meet Director if you do not receive such a report within 2 days of your original email.
- ENTRY FEE:** A flat entry fee of **\$9.00** per individual race. Relays will be **\$12.00** each. **Meet Surcharge Fee: \$10.00 per swimmer.**
- A percentage of this meet will go fund the Steve Bonano Scholarship Fund for KBBGC Makos Swimmers**
- Make checks payable to: **Metro Swim League**  
Payment must be received by **May 9<sup>th</sup>, 2026** for email entries. Payment must be included with all mail entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.
- WARM-UP:** General Warm Up will occur in **two sessions consisting of (25) minutes each** and with all lanes to be shared by all clubs. Assignments will be emailed to you prior to the meet and please make sure your swimmers arrive before the start of their warm up since there will be no warm up pool available for the meet. During Sprints, lanes 1 and 8 will remain open for continuous warm up swim.
- SCRATCHES:** Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 30 minutes prior to the start of the session. Coaches are asked to indicate clearly individual events scratches and which swimmers will not be participating in the session.
- COACHES:** In accordance with Metropolitan Swimming Inc. Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.
- AWARDS:** **Medals: 1<sup>st</sup> through 3<sup>rd</sup> place, Ribbons: 4<sup>th</sup> through 12<sup>th</sup> place, Team Awards 1<sup>st</sup> through 6<sup>th</sup> for combined team scores. Hy-Point for top finishers in each age group, male and female. Relays don't count towards Hy point\***
- \* In case of a tie, the highest ranking of the freestyle event will determine the winner**
- Scoring:** Standard Points:  
Ind. Events 20, 17, 16, 15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1  
Relays Events: 40, 34, 32, 30, 28, 26, 24, 22, 20, 18, 16, 14, 12, 10, 8, 6, 4, 2
- OFFICIALS:** **Meet Referee: Jeannette Miranda, Email: [jeannettemiranda@ymail.com](mailto:jeannettemiranda@ymail.com)**  
Officials wishing to volunteer should contact Meet Referee by **May 5<sup>th</sup>, 2026**
- ADMIN. OFFICIAL:** **Administrative Official: Wendy Martinez, Email: [bellamiamour@gmail.com](mailto:bellamiamour@gmail.com)**
- MEETDIRECTOR:** **Eddie Oyola, Email: [Eddie.Oyola@KipsBay.org](mailto:Eddie.Oyola@KipsBay.org)**
- RULES:** The current USA Swimming Rules and Regulations will apply. **The USA Swimming Code of Conduct is in effect for the duration of the meet.** The overhead start procedure may be used at the discretion of the meet Referee.
- SAFETY:** Metropolitan Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the meet Referee, any swimmer, coach, club, or spectator for failure to follow the safety rules.  
**“Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water.**

**When unaccompanied by a member-coach, it is the responsibility of the swimmer, or the swimmer's legal guardian, to ensure compliance with this requirement"**

**MAAPP Policy:** All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.

**DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **the Kips Bay Boys & Girls Club and Makos Swim Team**, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet. "It is understood that USA Swimming, Inc. and Metropolitan Swimming, Inc. shall be free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."

**AUDIO/VISUAL STATEMENT:** **Use of Audio or visual recording devices, including cell phones, are not permitted in changing areas, rest rooms, locker rooms. Especially devices behind the starting blocks.**

**DECK CHANGING:** **Deck changes are prohibited.**

**Tickets:** **General Admission Tickets will be \$10.00 per person. Payments will be made at the door in Cash or online payment apps Like Zelle or Venmo.**

**Seating at Lehman will only accommodate (300) people per session and be sold on a first come first serve basis. No Ticket, No entry.**

**Web Link**

TBA

**MERCHANTS:** **Food Concessions will be available for the meet.**

**PARKING:** **Parking is \$10.00** in The North Lot (alongside the reservoir) There is also ample free and metered street parking however be sure to read all signs to avoid costly parking tickets. (Parking fees are set and collected by Lehman College and subject to change at the discretion of Lehman College and without prior notice or consultation with the Kips Bay Makos Swim Team.

**19<sup>th</sup> Annual Meter Sprint Swim Meet**

**Saturday May 9, 2026**

**Hosted by: Kips Bay Makos**

**@ Lehman College APEX Aquatics Center**

**250 Bedford Avenue, Bronx, N.Y. 10468**

<u>Event #</u>	<u>Session 1 Warm up 7:30 am / 8:30 am start</u> <u>Events</u>	<u>Event #</u>
1	10 & Under 50 Meter Free	2
3	11- 12 50 Meter Free	4
5	10 & Under 50 Meter Fly	6
7	11- 12 50 Meter Fly	8
9	10 & Under 50 Meter Back	10
11	11- 12 50 Meter Back	12
13	10 & Under 50 Meter Breast	14
15	11- 12 50 Meter Breast	16
17	10 & Under 200 Meter Free Relay	18
19	11-12 400 Yard Meter Free Relay	20
	<u>Session 2 Warm up 1:30pm/ 2:30pm Start</u> <u>Events</u>	
21	13- 14 50 Meter Free	22
23	15 & Over 50 Meter Free	24
25	13- 14 50 Meter Fly	26
27	15 & Over 50 Meter Fly	28
29	13- 14 50 Meter Back	30
31	15 & Over 50 Meter Back	32
33	13- 14 50 Meter Breast	34
35	15 & Over 50 Meter Breast	36
37	13- 14 400 Yard Meter Free Relay	38
39	15 & Over 400 Meter Free Relay	40



## Metropolitan Swimming Photographer Registration Form

**All Metropolitan Swimming Teams need to include this in the meet information packet. Please file this form with the Safety Sport Coordinator prior to the start of the meet.**

This form must be completed by any photographer (video or still) who intends to take pictures at a Metropolitan Swimming sanctioned meet and is taking those pictures of anyone other than his or her own child from any location on deck. Submit the form to the Meet Director prior to commencing activity.

**THERE WILL BE NO FLASH PHOTOGRAPHY PERMITTED AT THE START.**

Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Government ID (driver's license preferred) or USA Swimming Registration Card:

Type of ID \_\_\_\_\_ # \_\_\_\_\_

Taking photos of \_\_\_\_\_

On behalf of \_\_\_\_\_

Purpose \_\_\_\_\_

Professional photographers/videographers will be allowed on deck at the discretion of the Meet Director and Meet Referee and must adhere to the following guidelines:

Do not stand on the starting end of the pool, or in the starter's box; use of the bulkhead is at the discretion of the Meet Director and Meet Referee.

Do not stand on the edge of the pool (leave approximately two feet for officials and coaches).

Leave the deck when not actively photographing.

Respond immediately to direction from the Meet Referee.

Signature \_\_\_\_\_ Today's Date \_\_\_\_\_

Meet \_\_\_\_\_ Location \_\_\_\_\_

Date(s) of meet \_\_\_\_\_